

Miss Emma Kirk

Job title of nominated trainer: Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee: Nil declared

Statement of nomination (600 words):

Our nominee, Miss Emma Kirk is known throughout the region as an outstanding trainer. Trainees working in her unit have repeatedly highlighted her excellence in teaching and her individual contribution to their professional development. Particularly within ultrasound scanning, Miss Kirk has been a very proactive and inspiring trainer. She always welcomes juniors to join her clinic, where she takes time to teach ultrasound skills to all levels of SHOs and Registrars. Her exceptionally supportive and encouraging approach is greatly appreciated by trainees, who actively choose to go to the hospital in which she works, in order to have the opportunity to learn from her.

In addition, she is an excellent consultant and role model. She is very efficient and always on time. She is always present on the shop floor and stays available on Labour ward when she is on-call, so she can provide direct supervision for all levels in the multi-disciplinary team, from student midwives to post CCT fellows. She also brings snacks – small acts like this really help to boost morale in an overstretched service. She always follows up on cases and disseminates this information to the team involved to maximise learning opportunities.

She is an excellent ATSM trainer spending time despite busy scanning sessions to train us to be competent at scanning. Trainees achieve their targets within a short period of time.

She has encouraged us with poster and oral presentations at ESHRE and the RCOG conferences taking time to edit and provide feedback reaching us valuable presentation skills.

In a previous post, Ms Kirk has helped and guided the SHO team whilst organising the rota. She is always on hand any time of day, whether is in the hospital or not, to sort any issues. During the staff shortages she always kept the rota coordinators calm and went above and beyond to help staff the rota.

Above all else she is approachable to all levels of trainee, is always there to give advice and support, and really looks out for our welfare. She's great!

Miss Cecilia Bottomley

Job title of nominated trainer:

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee:

College Tutor and Early Pregnancy Lead Clinician

Statement of nomination (600 words):

Miss Cecilia Bottomley is by far the most inspirational trainer in the North West Thames Deanery and has received 4 nominations for the Trainer Award. She is an exceptional clinical trainer and always goes above and beyond what is expected in her role as a consultant and college tutor. Miss Bottomley has an outstanding commitment to teaching and training and allows trainees to develop their skills in a supportive environment. She has high standards and expects those to be maintained by her team, and as such, she regularly improves skills acquisition through individualised teaching and training. She uses every clinical encounter as a teaching opportunity and is always enthusiastic about teaching trainees, particularly in theatre, and willing to stay beyond hours to ensure that every learning opportunity is maximised. She has even been known to stay late on a Sunday evening to teach a laparoscopic salpingectomy!

Miss Bottomley has always been acutely aware of the difficulties trainees have with access to ultrasound scanning and took the initiative to work with the rota coordinator to allocate ultrasound training weeks to trainees, removing them from other clinical duties, to ensure they can complete their basic ultrasound modules within working hours and with the correct level of teaching and supervision. She allows trainees to develop their scanning skills within the early pregnancy unit and is always encouraging and supportive.

Moreover, her door is always open and she is extremely dedicated to trainee welfare at all levels. She is incredibly supportive and will always find time to discuss a difficult case or just have a general catch up about how a trainee is finding their current role and any difficulties or challenges which they are facing. She is extremely proactive with completing eportfolio assessments for trainees and is a highly sought after educational supervisor.

Miss Bottomley, is truly inspirational and she deserves this award as recognition of her commitment to the training and moulding of current and future generations of obstetrics and gynaecology trainees.

Ms Elisabeth Peregrine

Job title of nominated trainer: Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee: College Tutor

Statement of nomination (600 words):

Miss Peregrine was nominated for the RCOG Trainer of the Year Award by several different trainees. Furthermore, she was listed by nearly all trainees at her trust as the member of the MDT that had had the most positive impact on their training.

She took on the role of college tutor after her trust had a poor GMC survey report in 2015-2016. She has absolutely thrown herself into the role and has gone above and beyond to ensure that all of the trainees at the hospital are receiving the best possible training. She has set up monthly trainee forums, where she meets with all of the trainees in an informal setting to address problems and get feedback which she then tries to address. She has secured an hour a week of protected teaching time, and has set up a rota for the consultants to teach the trainees during this time on topics which fit with learning needs and the RCOG curriculum. She has also ensured that the trainees all get fortnightly CTG teaching.

In the run up to ARCPs, Miss Peregrine used her own time to meet with each trainee and go through their e-portfolio to ensure that they have a clear understanding of what is required for their stage of training and ensure there is nothing which is going to needlessly cause problems in the review process.

Miss Peregrine also oversees the junior doctors' rotas, and has made herself available on a pretty much 24 hour basis to deal with any problems which arise. This has included being contactable by phone and e-mail whilst on holiday!

There was a problem with a high level of work intensity for the trainees at the hospital, and Miss Peregrine has fought tirelessly on our behalf to secure an additional full-time and part-time SHO, and a full-time registrar to address this. This has meant that trainees are freed up from service provision and able to have more time to take advantage of training opportunities such as theatre sessions, clinics and ATSM sessions.

Miss Peregrine is perceived by her trainees as one of the kindest, most approachable, relaxed and enthusiastic consultants they have worked with. She never fails to put the trainees' needs at the fore. She has been an inspiration and a role model. In large part due

to her efforts, the trainee experience at Kingston has changed dramatically for the better over the last year.

"I have been a trainee in O&G now since 2008 and I can honestly say that I have never come across a more dedicated individual working as college tutor who is there not only to support the trainees but also to champion the trainees to ensure that we get the maximum training benefit from our trust." Trainee

Without a shadow of a doubt Miss Peregrine is our trainer of the year!!

Miss Usha Rao

Job title of nominated trainer:

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee: Clinical and educational supervisor, Countess of Chester Hospital

Statement of nomination (600 words):

This trainer is one of the most compassionate and caring doctors I have ever had the pleasure of working with. From arranging weekly teaching sessions to expand trainee's knowledge of CTG interpretation, to one on teaching on a case by case basis, nothing is too much bother. She is always happy to answer questions, and act as a point of contact whenever needed, and is always careful to fit teaching into any opportunity. She has acted as a guide and mentor for many trainees over the years, as a consultant, educational supervisor and friend, taking a genuine interest in their progress both in and out of the hospital setting by keeping in touch with trainees even after they have left her unit to offer continued advice and support. This trainer always shows patience with trainees and patients alike and has a genuine passion for both her profession and for teaching. She has bettered the experience in obs and gynae for many trainees, and inspired many juniors to pursue a career in the specialty.

It is rare to meet someone so genuinely caring, compassionate and inspirational, and I am sure I speak for many trainees when I say it has been an honour to have been her trainee.

Dr Paul Ayuk

Job title of nominee:

Reproductive Health & Childbirth Specialty Group Lead and Consultant Obstetrician

Formal training roles held by nominee:

Educational Supervisor Royal Victoria Infirmary, Trainees LCRN Coordinator

Statement of nomination (600 words):

Mr Ayuk is a consultant obstetrician and research lead in O&G at the RVI hospital in Newcastle. As well as being dedicated in his roles of ensuring clinical excellence and being passionate about teaching within his own unit, he is extremely active in local and national research projects. He is administrator of the joint RVI / Newcastle University Reproductive tissue bank and has also helped set up and administrate a charity bursary within the deanery that allows trainees the opportunity to apply for funds to undertake a postgraduate certificate in health research at Newcastle University.

Until recently general trainee involvement in research in the North East region was minimal with few trainees being aware of clinical trials running in their units and recruitment to such trials by trainees being low. Only a handful of trainees were involved with research or creating publications and interest generally was very poor. In order to correct this, roughly two years ago Mr Ayuk instigated the setting up of a research network amongst trainees with a lead trainee representative and research trainee representatives from every clinical unit in the North East.

The network meets three times a year alongside the local trainees committee in a meeting funded by the LCRN. Their goal is to work alongside research midwifery staff and local clinical research leads by disseminating information regarding relevant clinical trials that are ongoing in each unit. The network aims to ensure each trainee is up to date with good clinical practise training and understands the practicalities of recruiting into trials, and encourages trainees to get involved with research in any capacity. Since the creation of the network, patient recruitment into clinical trial by trainees has risen considerably, reaching as high as 93% of all patients recruited in some units. This represents a huge turnaround.

Alongside this, Mr Ayuk has directed the network to collect pooled data from hospital outcomes for use in original research. The first project of this type has collected data regarding outcomes for induction of labour and will now form the basis of a publication for which all those involved in the data collection will be a named author, thus allowing trainees

entry into research and an opportunity for publication which previously did not exist in our region. The trainee research network is open to suggestions for projects from other trainees or consultants within the region and is now embarking on a second project as nominated by a consultant from a different unit.

The above has been a transformative change with regards to attitudes towards clinical research and research involvement by O&G trainees in the North East region and it is for this reason that Mr Ayuk was unanimously awarded the local trainers award by the North East O&G trainees committee and we believe he is an excellent candidate to put forward for the national trainers award.

Dr Sandra McNeill

Job title of nominated trainer :

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee:

- Deputy Head of School / Training Programme Director for O&G Training, Northern Ireland Medical & Dental Training Agency
- Sub Dean for Undergraduate Medical Education, Western Health & Social Care Trust
- Part 3 MRCOG Examiner
- Previous Part 2 MRCOG Examiner
- Previous Member of MRCOG EMQ Sub-Committee
- Previous Global Health Engagement Officer
- Marcus Filshie Fellow October-December 2014 Kitovu Hospital Uganda
- Educational Supervisor for Foundation Training 2011- 2017

Statement of nomination (600 words):

Dr Sandra McNeill is a prime example of an excellent and all rounded clinician who has a sincere interest in developing undergraduates, postgraduates and other members of the multidisciplinary team to the best of their abilities. Some trainees have been fortunate in being supervised by Dr McNeill as undergraduates describing this encounter as a fantastic opportunity where they developed an interest in Obstetrics and Gynaecology.

Dr McNeill is an enthusiastic teacher and every encounter in clinic, theatre or labour ward is a fascinating teaching experience. Her exceptional way of teaching and approachable nature ensures all members of the team including students, midwives and trainees learn through voicing their thoughts on patient management thus encouraging an open approach to patient care. Dr McNeill always goes the extra mile and encourages trainees in the clinical setting to enhance their knowledge allowing a direct 'hands-on' approach to clinical training.

Dr McNeill holds other roles which she fulfils wholeheartedly. Her current role includes Sub Dean for Undergraduate Medical Education and Deputy Head of School / Training Programme Director for O&G Training in Northern Ireland and her previous role as MRCOG Part 2 EMQ Sub-Committee member has ensured she is up to date with both undergraduate and postgraduate requirements at both local and national level.

In order to encourage medical students get a flavour of the speciality prior to their formal fourth year curriculum, Dr McNeill has introduced a Student Selected Component for third

year medical students to her department. This gives two students the opportunity to shadow herself and her team in clinics, theatre and labour ward for three weeks. The students have always given excellent feedback at the end of their placements.

Dr McNeill is always looking for ways of improving recruitment of junior doctors to her Trust. As part of her role as Sub Dean for Undergraduate Medical Education, she was involved in setting up a Senior Specialist Trainee Fellow Post of one years' duration to explore medical student and trainee attitudes and value judgements about the non clinical aspects of current medical training with the aim of using this information to develop enhanced 'extra-value' training opportunities.

Feedback from a Medical Student undertaking Student Selected Component

As a third year medical student, I have been given a great opportunity to study a three week module in Obstetrics and Gynaecology, co-ordinated by Dr Sandra McNeill. Dr McNeill made me feel very welcome to the O&G team at her hospital. The programme has given me insight into this very interesting speciality and I really appreciate all the teaching that has been provided.

Feedback from a Senior Specialist Trainee

I have been fortunate to make first contact with Dr McNeill as a medical student where I had the opportunity to take part in my first quality improvement project. As a junior doctor, I was exposed to a wealth of opportunities, including carrying out audits leading to change within the department and writing articles and case reports in reputable journals.

Through Dr McNeill, I am always made aware of educational opportunities such as relevant courses, meetings and conferences and also awards that I am eligible to apply for helping me become a better clinician. I am particularly delighted of Dr McNeill's support to me when I set up a postgraduate MRCOG Part 2 course in our deanery to help improve our deanery's success rate.

Feedback from a Urogynaecology Nurse Specialist

Dr McNeill has been very encouraging and supportive in developing my role as a Urogynaecology nurse specialist. She has implemented a range of new services to our department which she has supported me to set up, through training and supervision.

She regularly facilitates training and networking opportunities in the field of urogynecology. She is always very approachable and provides support when her input is required. She has an excellent bedside manner which is reflected in positive feedback from both patients and medical students.

Dr McNeill's drive to inspire and motivate all members of the team as well as her genuine passion to look after junior team members deserves recognition and commendation.

Dr Helen Liversedge

Job title of nominated trainer:

Associate Specialist in Obstetrics and Gynaecology Ultrasound

Formal training roles held by nominee: Nil declared

Statement of nomination (600 words):

Helen is a dedicated, inspiring and professional trainer. She works hard in Fetal medicine to provide a service to women that is individualised, considerate and informative. She is always happy to assist trainees and organizes dedicated scanning weeks for us so that we can learn in succinct fashion. She balances providing excellent experience to trainees with attention to the needs of the patients. Many trainees have developed scanning skills and confidence under her guidance and encouragement.

In addition to individual scan training Helen has provided group teaching to the SHO's and Registrars. She makes complicated fetal medicine understandable. She also plays a key role in organizing and presenting at the local perinatal meetings. In all of these group scenarios, Helen's non-judgemental, approachable manner really encourages trainees to ask questions and develop their fetal medicine interests.

Shadowing Helen also provides the opportunity to observe a fantastic doctor-patient relationship and develop consultation skills we can use in our own practice and clinics.

Finally, Helen provides a significant amount of pastoral care to trainees. She is naturally kind and compassionate and has provided a great deal of support to trainees and the wider multi-disciplinary team when they have experienced difficulty.

Thank you Helen for all your hard work. We really appreciate it.

Dr Lee Nai Lim

Job title of nominated trainer:

Consultant Obstetrician and Gynaecologist, Subspecialist in Reproductive Medicine and Surgery

Formal training roles held by nominee:

ATSM Training Programme Director ST 6-7

Statement of nomination (600 words):

Our trainer has the unique ability to harness and develop each trainees individual strengths and weaknesses. Her commitment and effort towards her role as the Training Programme Director has clearly been reflected in the past GMC surveys where the Regional Teaching sessions that are overlooked and organised by her have always been at the top of Obstetrics and Gynaecology for the country.

What sets this trainer apart from every other trainer is that she is not only able to develop your practical skills on a day-to-day basis, but also takes a keen interest in your overall growth as an individual and all-rounded medical professional.

Though always friendly, this trainer is excellent at giving positive feedback as well as constructive criticism.

Working in a tough and demanding specialty like Obstetrics and Gynaecology requires resilience. Often when the outcome met is not the one intended, the trainee can feel disheartened and despondent. The ability to turn this around into an honest discussion and an opportunity to grow as an individual and learn from it as a doctor is one of this trainers strongest suit. An example of this was when an elective gynaecology patient attended for a routine operation, which resulted in a bad outcome. She took it upon herself to not only re-educate herself but also the rest of the team involved to ensure that this does not occur again but also to create positive learning points from the actions that helped to improve the outcome.

She sets targets for trainees on a daily basis regardless of her personal scenario. One of the best examples of this, is when she was on-call overnight and had been in the hospital until 0300, but returned in the morning at 0800 for an operating list. Despite this, the first thing she said to the trainee was good morning, what shall we set as your learning outcomes for today? Her persona as a trainer not only inspires the trainee to work harder

and give it their all, it also motivates them to be like her and emulate her abilities as a clinician, trainer, and most importantly as an astounding individual.

She always works on improving and educating us about the importance of a multidisciplinary approach. A particular example involved making the entire teaching group run up several flights of stairs to wake us up in between lectures and improve our fitness! She also included the theatre staff and recovery team to develop team bonding.

In an ever-demanding training scenario, recognition of a trainer like her, will inspire and motivate those around her to improve and work towards a level of excellence. This will result in optimal patient care and safety and in turn improve trainees morale, potentially reducing the drop out rate in O&G.

Dr Adam Gordon

Job title of nominated trainer:

Consultant obstetrician and gynaecologist

Formal training roles held by nominee:

Former training programme director

Educational supervisor

Statement of nomination (600 words):

East of Scotland Deanery's nominee for Trainer of the Year was appointed Training Programme Director in 2009. He served as one of the longest running in this role before handing over post in 2016. During this time he sought to improve medical training by identifying any short-comings and offering targeted solutions, while balancing service needs and patient safety.

His support has often extended far beyond that expected from a TPD. He maintained a personal investment in every trainee, and a willingness to provide support for all manner of issues encountered during training. He remains an invaluable source of advice and guidance; whether for training issues, clinical queries or personal matters.

As an experienced teacher, he motivates trainees towards improving their knowledge and skills. Whether in theatre, clinic or a busy Labour Ward, he is able to create a positive and supportive learning environment. In planning his theatre lists he has been known to contact individual trainees to offer them protected theatre sessions to allow them to achieve their training goals.

He is hard-working, dedicated and goes the extra mile for patients and colleagues. He continually strives to maintain his own knowledge and skills, never afraid to ask for help if needed. He also manages to maintain an effective work-life balance and as a keen farmer and family man, is never short of tales to regale while scrubbing for theatre! His personable and approachable manner endears him to both patients and staff who hold him in very high regard. As one patient said 'I feel 100% safer just knowing Dr ___ is around'. A sentiment which is undoubtedly echoed by trainees whenever he is on-call and why he is able to instill so much confidence in a trainee's own abilities whilst encouraging them to have an appreciation of their own limitations.

Our nominee has always balanced patient care and safety whilst supporting trainees to identify their strengths and progress their skills. Regardless of the pressures of a busy on call he always provides opportunities for trainees to develop their skills and will always put time aside to identify and support their individual needs. An example of going above and beyond this would be cannulating and taking pre-operative bloods from patients attending for elective surgery to allow his list to start on time to maximize training opportunities. He is approachable to all trainees in a pastoral role where he has been known to provide invaluable support with personal pressures. Within the pressures of a busy tertiary centre where service needs and training are always in balance he has always been an advocate for supporting trainees to protect their training opportunities.

Dr Mayank Madhra

Job title of nominated trainer:

ST7 Obstetrics and Gynaecology

Formal training roles held by nominee: Nil Declared

Statement of nomination (600 words):

As a senior trainee who always prioritises and promotes the training of junior trainees, even when he is running a busy labour ward, our nominee is held in high regard by all trainees. He identifies training opportunities suitable for each trainee in the different clinical setting he is working and dedicates time to support their learning with teaching and clinical experience (often holding the 'junior bleep' to allow this to happen). He lets you take a supported lead on labour ward, thus building your confidence and experience, while still ensuring the utmost safety for the patient and clinical area. He also spends time to provide constructive and specific feedback, which is then documented in completed assessment forms where relevant.

He has a dedicated attitude to teaching of all grades. As well as providing excellent deanery teaching sessions, he provides ad hoc teaching in clinics, on the wards and in theatre. He also takes time to discuss different cases he has experienced, giving detailed explanations of their presentation, decision making and management, to allow further teaching away from on the job learning.

He has often been found to stay at the end of a labour ward long shift to provide supervision to a junior colleague with a case which will benefit their training and then patiently take time to give them feedback (on the procedure and the documentation) despite having formally finished work for the day.

Miss Jo Ficquet

Job title of nominated trainer:

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee:

College tutor

Statement of nomination (600 words):

This consultant stands out from other excellent trainers in the region due to the enormous energy she brings to her role. Since she became a consultant she has worked tirelessly to develop services and pathways to improve patient safety and experience, and in all these projects she involves, coaches and supports trainees to develop their own skills and experience in quality improvement. She has a talent for identifying opportunities to build people's confidence and capability, and varies her involvement depending on their experience and needs. She is a trained coach and this is apparent in her interaction with junior colleagues. She has taken on the running of the in-house obstetric emergency training, and forged strong multi-professional bonds through this. She is ambitious in her hopes for the department, working tirelessly to bring people on board and involve trainees in the process so that they learn how to make things happen in an administrative setting as well as a clinical one. She is a regular and willing contributor to university and deanery teaching days. She is undeterred by the barriers that sometimes stand in the way of learning, deploying her enormous drive and enthusiasm to find pockets of opportunity for training. She has a constantly enquiring mind and encourages this in her colleagues. She also recognises that her junior colleagues have a personal life and their own frailties, and can be a great ally in this respect. Her dedication to her role as a trainer is inspirational.

Mrs Makiya Ashraf

Job title of nominated trainer:

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee:

Educational supervisor, Clinical supervisor, College tutor, Deanery Behavioural Workplace Champion

Statement of nomination (600 words):

Mrs Ashraf is an exceptionally proactive College Tutor, current Interim Work Place Behaviours Champion, and a wonderfully supportive Consultant in Urogynaecology at the Royal Gwent Hospital.

Mrs Ashraf takes her role as College tutor very seriously and often goes far beyond the remit of her role. She is actively involved in training and trainee well-being to a greater degree than her contemporaries and should be an inspiration to them. She Chairs the local monthly Trainee's Forum and acts as not only a link between the Consultant and trainee bodies, but as an advocate for the trainees and their needs. She provides excellent support with exam revision, running free out-of-hours sessions for trainees taking the Part 3 exam. She personally reviews the GMC survey and TEF survey outcomes and is proactive in working with a local trainee to come up with ideas and solutions to any issues raised. She has taken it upon herself to become involved in local implementation and monitoring of the all Wales Educational Contract and fights for the local trainees to get plentiful and useful opportunities for training. With each new intake of ATSM and LTFT trainees she designs personalised rota timetables according to each individual trainees learning needs to make sure that they are getting good training – this doesn't happen at any other unit in Wales as far as we know. Mrs Ashraf is truly interested in improving training in Wales and really wants the best for her trainees.

Within her role as a Urogynaecology Consultant she has had nothing but positive feedback from her trainees. She is described as extremely respectful and polite, with a positive attitude towards training; a Consultant with a great deal of patience who takes time to train in a meaningful way and always provides constructive feedback verbally or through the required written assessments. Often highlighted is her exceptional way of building rapport with, and caring for, her patients. Trainees describe her bedside manner as a 'great

example to follow'. Because she is well respected a 'well done' from Mrs Ashraf feels like it carries a greater weight and is a prize worth seeking.

One of the stand-out things about Mrs Ashraf is her approachability and kindness. You can sit and talk with her about anything you need to without fear of judgement, and safe in the knowledge that she will give you honest and helpful counsel. She has often provided trainees with pastoral support and mentorship and really tries to meet your needs as far as possible. It is this great quality that has made her an excellent Work Placed Behaviours Champion. To further enhance this role Mrs Ashraf developed a workshop package using a combination of RCOG information and local trainees feedback/input which she took to all the hospitals in Wales to try to inform all grades of staff in the MDT about the dangers of bullying in the workplace; how to identify it and what to do. She has also been proactive in creating a local multidisciplinary Bullying and Undermining Taskforce at the Royal Gwent Hospital who currently provide training at clinical governance days and are there for peer support or to provide advice on any issues that arise.

It is our opinion that Mrs Ashraf is an exceptional trainer and awarding her the Wales best Obstetrics and Gynaecology Trainer Award 2017 would go a small way to showing our appreciation for all that she has done, still does and will do for trainees in the future.

Miss Karen Brackley

Job title of nominated trainer: Consultant Obstetrician

Formal training roles held by nominee: Head of School, Obstetrics & Gynaecology, Wessex Deanery

Statement of nomination (600 words):

This kind and approachable consultant has shown a keen interest in the education and welfare of all trainees in the region which has been sustained over a number of years, far exceeding the level required of her various appointed roles during this time.

In addition to the high level of clinical support she gives to individual trainees as a supervising consultant, she goes out of her way to signpost trainees to learning resources to enable them to keep up to date with the relevant topics without being asked to do so. After difficult events on the labour ward she provides an excellent debrief, and is very helpful in making the most of the educational opportunities provided in a constructive and caring manner.

Her insight into the needs of trainees at different stages of their training is strongly evident. She was part of the team that developed the original 'Step-up' course to aid smooth the transition from ST2 to ST3 which has subsequently been used in other regions. She was also responsible for the adaptation of the NOTSS tool for use in our specialty, which shows her holistic approach to the skills which trainees need to develop, and her proactive nature in trying to improve training wherever she sees the need arising.

She is keen to promote excellence in training, helping to develop and continuing to support Trainee presentations at our regional AGM, with a prize awarded for the best poster and the best oral presentation. Recognising the low morale prevalent in the junior doctor workforce at present, she has also been highly supportive of our trainees' committee's request to continue regional Trainee of the year awards, both to acknowledge the efforts of those trainees who are excelling in their training, and also to share their achievements more widely to try to raise standards across the region.

Her pastoral care is also exemplary. Despite her varied and time-consuming commitments, her open-door policy and friendly, accessible nature make her very approachable where

trainees have any difficulties, either educationally or personally. She is very responsive, and will often answer email queries on the same day or in her own time. The welfare of trainees is very obviously important to her, and she is always willing to provide a listening ear and pragmatic advice whatever the problem. Where workplace behaviour concerns are raised, she is supportive and tactful in her approach to dealing with the concerns.

She tirelessly champions the needs of trainees, but is also cognisant of the needs of trainers and will also champion their needs too, to enable them to provide a higher quality of training. The regional trainees' committee have always been made to feel that their voice is heard, and their input is welcomed and valued. She strongly supported a computerised TEF (prior to the RCOG online TEF) and for the regional trainees' committee to take ownership of collating and reporting the findings from this, mindful of the concerns many trainees' had at the time regarding handing their paper TEF in with their ARCP paperwork.

Our regional trainees' committee is very grateful for all of her time and effort in supporting our trainees, much of which goes on quietly 'behind the scenes' but all of which is much appreciated.

Dr Jacqueline Tang

Job title of nominated trainer: ST7

Formal training roles held by nominee: Diploma in ultrasound

Statement of nomination (600 words):

Ultrasound training has always been a major issue for trainees. Having worked directly with Dr Tang and from the testimony of numerous trainees, I know that she often goes above and beyond that which would be expected in order to improve their individual training and scanning skills.

Dr Tang has a true passion for obstetric ultrasound and a thirst of imparting knowledge. Since undertaking her postgraduate certificate, she has always been keen to ensure that trainees achieve good and relevant training, including hand-on real patient scanning for which she provides excellent feedback. In particular, there have been occasions where Dr Tang has selflessly chosen to do an ultrasound list on her off days to allow extra scanning opportunities.

Her love of ultrasound is contagious and certainly inspirational – I am aware of several trainees that now wish to follow in her footsteps to develop their own skills and impart their new knowledge to others.

As an aside to the above, Dr Tang has truly been one of the most supportive registrars with whom I have had the pleasure of working and I know this is true for many other junior trainees. She is invariably willing to listen to problems they may be having and quick to provide effective solutions. Furthermore, she provides a safe learning environment for them to develop their surgical skills. She is a real star when it comes to providing feedback that is useful and relevant for professional development – even if this requires staying after her own on-call shifts finish.

She truly deserves the Trainer of the Year Award for all the work she has put into delivering excellent training in our region.

Miss Sarah Flint

Job title of nominee:

Consultant Obstetrician and Gynaecologist

Formal training roles held by nominee:

Former Head of School Kent Surrey & Sussex
Member of local simulation faculty, Maidstone & Tunbridge Wells Trust
Clinical and educational supervisor, Maidstone & Tunbridge Wells Trust
Local ultrasound training coordinator, Maidstone & Tunbridge Wells Trust

Deputy medical director, Maidstone & Tunbridge Wells Trust

MOËT instructor

Statement of nomination (600 words):

Trust induction is one of those things we all attend and perhaps roll our eyes to, as it is the same monotony year after year. This one is still so memorable to me from many years ago as an ST2. Miss Sarah Flint welcomed us and simply said 'always remember that doctors will make mistakes, we have all been there, try and support each other and above all make sure you see the patient everyday, twice a day until they get home safely'. She highlighted a case where she was called in the middle of the night to what prevailed to be one of the worst possible outcomes- a woman had a caesarean hysterectomy and a neonatal death. It was her first pregnancy. We gasped in horror. She then put her heart on her sleeve and went on to describe how she tried to manage her feelings and that of the team who worked tirelessly and the natural thoughts of guilt... What went wrong? How could we have done better? The first thing you might want to do is crawl into your bed and wake up hoping it was a bad dream. The last thing you might want to do after a long night shift is to go and see the patient, whilst still processing to try and give them some answers in what seemed like a hopeless situation. Where sometimes the only start is... I'm sorry. After a long stay and a roller- coaster of emotions travelled through together the patient was discharged and to her surprise arrived in clinic 2 years later. She attended with her surrogate who was pregnant and asked to be under the care of Miss Sarah Flint to look after them through this precious pregnancy. She described this as the greatest compliment she has received to this day.

Heroes come in many shapes and sizes and in an age where some are quick to point the finger, her refreshing vulnerability and courage to talk about her mistakes and make an example of herself so that we can be better and do better, still resonates many years later. She epitomises what is highlighted in the duty of Candour and encourages an environment

of openness and support for her trainees in the deanery with a sense of balance by her unique pragmatic down to earth nature.

Make no mistake she is clinically excellent and extremely diligent and also leads by example in the high standards of care she delivers to her patients. She is who you would choose to be your doctor. The extent of her goodwill can often be evidenced by the number of people waiting outside her specialist clinic waiting to solve their problems.

She will take on the less glamorous jobs- to learn the intricacies of e-portfolio so she can not only actively encourage the completion of assessments but endeavours to turn almost every encounter into a learning experience. Miss Flint has been a brilliant mentor and moral support for juniors and colleagues, especially going out of her way to provide solutions when they have been struggling and close to reconsidering their career options. She inspires a supportive training culture and has initiated a pan specialty peer-mentoring programme so this ethos continues to thrive.

She is former head of School for Kent, Surrey and Sussex and I have observed her having to mediate difficult situations to try and get the best outcomes for her trainees especially those in difficulty. She is somewhat wasted in medicine and really would be best suited to lead the pacific nuclear diplomatic resolutions.

Miss Flint also has two daughters, runs marathons for charity and is currently deputy medical director in her Trust. She truly is an inspirational educationalist and mentor who tirelessly goes above and beyond and thoroughly deserves to be RCOG Trainer of the year!